



OCCUPATIONAL REHABILITATION &
SPORTS MEDICINE

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According to the U.S. Department of Labor: Dictionary of Occupational Titles,
4th Edition Supplement, Appendix D, pp 101 – 102, 1986

Sedentary	Exerting up to 10 pounds of force occasionally and/or a negligible amount of force frequently to lift, carry, push, pull, or otherwise move objects, including the human body.
Sedentary-Light	Exerting up to 15 pounds of force occasionally, and/or up to 10 pounds of force constantly to move objects. Physical Demands are in excess of those for Sedentary Work.
Light	Exerting up to 20 pounds of force occasionally, and/or up to 10 pounds of force constantly to move objects. Physical Demands are in excess of those for Sedentary-Light Work.
Light-Medium	Exerting up to 35 pounds of force occasionally, and/or up to 25 pounds of force constantly to move objects. Physical Demands are in excess of those for Light Work.
Medium	Exerting 20 to 50 pounds of force occasionally, and/or 10 to 25 pounds of force frequently, and/or greater than negligible up to 10 pounds of force constantly to move objects. Physical Demands are in excess of those for Light-Medium Work.
Medium-Heavy	Exerting 50 to 75 pounds of force occasionally, and/or 20 to 35 pounds of force frequently, and/or 10 pounds of force constantly to move objects. Physical Demands are in excess of those for Medium Work.
Heavy	Exerting 50 to 100 pounds of force occasionally, and/or 25 to 50 pounds of force frequently, and/or 10 to 20 pounds of force constantly to move objects. Physical Demands are in excess of those for Medium-Heavy Work.
Very Heavy	Exerting in excess of 100 pounds of force occasionally, and/or in excess of 50 pounds of force frequently, and/or in excess of 20 pounds of force constantly to move objects. Physical Demands are in excess of those for Heavy Work.

Signature: _____

Date: ____/____/____